

The Professional Guardian

FEBRUARY 2013

A publication by the Guardian Association of Pinellas County for the purpose of promoting advocacy & education

Mark Your Calendar

Tuesday 2/19 5:30pm

MEMBERSHIP MEETING

*"The Growing Epidemic in
America: the social and
economic cost of obesity"*

1 CEU available
Hors d'oeuvres at 5:30pm

Cypress Palms
400 Lake Avenue NE
Largo

Friday 2/25, 9:00am

MONTHLY BREAKFAST

"Ethics Case Study"
(See page 8)

Regency Oaks
2751 Regency Oaks Blvd, Clear-
water (North building Regency
Room, 2nd floor)

Tuesday 3/19 3:30pm

BOARD MEETING

Cypress Palms
400 Lake Avenue NE, Largo

Association Communications
P.O. Box 1826
Pinellas Park, FL 33780
Phone (727) 323-9380
info@guardianassociation.org

FEBRUARY SPEAKER

"The Growing Epidemic in America: The social and economic cost of obesity"

Our presenter, Grant Corrigan, graduated from Georgian College School of Nursing as a Registered Nurse. He worked for four different acute care hospitals in Southern Ontario, then came to Florida in 1997 to work for Bayfront Medical Center and in 1999 moved to Morton Plant Hospital in Clearwater.

In 2001 Grant started the nursing specialty program of Faith Community Nursing for Morton Plant Mease and grew the program into the largest in the BayCare Health System.

After taking the steps to improve his health and losing 107 pounds Grant became a health coach. Now working with clients all across the country Grant is helping others take control of their own health.



In his talk, he will provide an introduction to the problem of obesity and explain the CDC Behavioral Risk Factor Surveillance System. Grant will also discuss the health, emotional and social risks for the individual and the impact of obesity on our society. Is there any hope? Grant will provide information on the National Weight Control Registry and its impact on this problem.

Welcome to the E-Newsletter!

Articles and Community Events Welcome

As a member of the Guardian Association you will continue to receive an issue each month with a variety of articles, community events and advertisers whose services you might require. We also encourage you to submit articles that reflect your experiences or suggestions to share with other readers in this new format. Please submit by the 25th of each month to Phyllis Johnson at pjohns3@tampabay.rr.com. Please be patient as we work out some technical problems; we hope to have them resolved by the next issue.

2013 Board of Directors

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Newsletter Editor and Breakfast Facilities Coordinator

Phyllis Johnson
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Association phone: (727) 323-9380

info@guardianassociation.org



From the President's Desk

GREETINGS,

The Board of Directors met on January 9 for the annual planning retreat to review the Association's progress for the past year and to develop goals for this year. Our host, Inn on the Pond, a beautiful facility in Dunedin, provided a great meeting room and a delicious lunch. Thank you Linda Miller for your gracious hospitality.

Outlined below are our Objectives for 2013:

Administration Committee—Hire an independent contractor to assist with Association activities; Locate new office for GAPC; Oversee Association telephone

Budget and Finance Committee—File 990 PF in a timely manner; send out 1099 to independent contractor; File corporate report to Florida State Dept of corporations timely (prior to May 1); Purchase laptop, printer, Quicken; Training on Paypal and Wild Apricot; Financial reports will be made in February, May, August, December, end of year due by February

ByLaws/Legislation Committee—Create Policy and Procedures Book; Revise bylaws (date new Board Members take office, Treasurer transition); Provide updates on pending legislation

Education/Conference Committee—Set up calendar of speakers for meetings and breakfasts early; Solicit members only as breakfast hosts; Apply for ceu's in a timely manner; Utilize Survey Monkey to obtain members ideas for meetings; Enhance content and attendance and obtain new speakers for 2013 conference

Public Relations/Membership—Change ad fees, method of billing advertisers; Revise brochure; Produce quarterly journal (1st one April); Partner with BLS for speaker bureau; Increase membership 5% (12 new members); Retain 20% of the 63 non-renewals (13 members); Publicize website forum;

Change in Board meeting dates/times—BOD will meet at 3:30pm prior to general meeting during the months of March, May, July, August, September; Board retreat will be held in January; Board may add additional meetings if necessary

IDENTIFICATION BADGE ORDER FORM

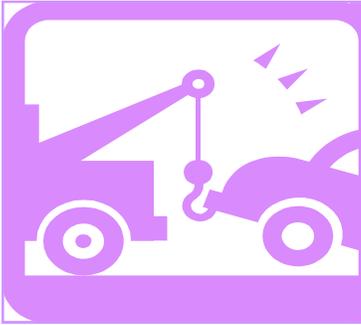
Gold identification badges are available to members for \$ 10 plus \$ 2 for postage (or may be picked up at the membership meeting). For information contact Susan Ugan (727) 742-4546

 Name on Badge
 (Title will read *Professional Guardian*)

 Shipping Address

 City, State, Zip

 Email or phone



Unique Program Designed to Help Keep Florida's Older Drivers Safe

Matt Gurwell, Founder & CEO, Keeping Us Safe, LLC

Anytime it seems our newspaper headlines, television reports and internet stories are populated with headlines related to older driver tragedies.

Keeping Us Safe, a national organization headquartered in Cleveland, Ohio, has developed a program specifically designed to prevent such tragedies. The program, titled "Beyond Driving with Dignity", is a self-assessment program designed to help older drivers and their families make appropriate driving decisions in response to age-related diminishing driving skills.

"The primary purpose of the self-assessment program for older drivers is designed to save lives," says Gurwell, a retired Ohio State Trooper and founder of Keeping Us Safe.

The 3-hour individualized sessions include an in-depth interview with the older driver, input from concerned family members, several cognitively based screening tools, a review of one's medical history and an actual on-road driving exercise.

The session takes place in the older driver's home, typically at the individual's kitchen table, where they are most comfortable. The sessions are conducted by one of Keeping Us Safe's Certified "Beyond Driving with Dignity" Professionals currently deployed throughout the United States and Canada.

Gurwell adds, "The "Beyond Driving with Dignity" Professional Certification program was developed to arm qualifying professionals with the tools necessary to help older drivers and their families work through the complicated issue of age-related diminishing driving skills."

In addition, Keeping Us Safe offers the nationally-recognized "Beyond Driving with Dignity: The workbook for the families of older drivers". The workbook was designed to help concerned families by providing them with a "roadmap to success" in their quest to over-

come the challenges of an older driver's diminished driving skills.

"Both the self-assessment program and the workbook are designed to keep our highways and communities safer places to live, work and recreate. The Beyond Driving with Dignity programs are also designed to help the older driver maintain their independence and dignity as they transition into a driving retirement," explains Gurwell.

The turning point for starting Keeping Us Safe, Gurwell explains: "There was never one particular event. It was the result of 20-plus years of holding dying people in my arms at terrible car accidents, and delivering dozens and dozens of death notifications to families. I would much rather work with families bringing a peaceful resolve to this sensitive and uncomfortable issue now, rather than have them deal with it when a State Trooper is knocking on their front door".

To learn more about becoming a Certified "Beyond Driving with Dignity" Professional or to schedule a self-assessment for your loved one, visit Keeping Us Safe at <http://www.keepingussafe.org>, phone 877-907-8841 or email info@keepingussafe.org



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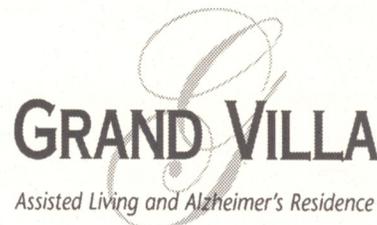
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How to Beat Those Valentine's Day Blues

by Roslyn Franken

February brings us Valentine's Day with all its commercial grandeur of chocolate hearts, fine dining, red roses, cards and other gifts of love and romance. However, with all its magic, it can also be a time of heartache for couples when expectations go unmet or of deep loneliness for singles or widows aching for the romance missing from their lives.

Whether attached or single, this can be a challenging time especially for those who turn to comfort food, alcohol or other unhealthy crutches for instant relief from the kind of emotional heartache felt by many at this time of year. Here are some tips on how to stay healthy, happy and beat the Valentine's Day blues.

SOME TIPS IF YOU'RE ATTACHED

Don't expect your mate to read your mind. BEFORE February 14th, sit down with your mate and share each other's expectations for how you want to celebrate this holiday as a couple.

If you're expecting special gifts and a night of romance, then let your partner know what you wish for and how important this is to you. If there's something specific you want, tell your mate. Don't expect your mate to read your mind and automatically know what you want and how meaningful this day is to you. Otherwise you may be hurt and disappointed when your mate fails to buy you a gift or live up to your expectations.



Okay, so maybe you wish that you didn't have to spell things out to your mate, wishing that if only he or she could just know what to do, or what to buy for you on their own. However, if that's what you've done in the past and it has repeatedly left you hurt and disappointed, then perhaps it's time to try my new approach as outlined above.

A little communication can go a long way to save you this type of heartache that can send you straight to the fridge or cupboard for your favorite unhealthy comfort foods, or over-indulging at meal time or having the extra alcohol.

Keep things in a healthy perspective

Not buying you a gift doesn't necessarily mean your mate doesn't love you. Perhaps your partner doesn't believe in Valentine's Day and instead prefers to demonstrate his or her love for you year round. Or

maybe your partner doesn't realize how happy it would make you to receive that special gift, card or romantic attention. Perhaps if he or she understood how much it means to you and the acts of gratitude and appreciation he or she may receive in return, he or she would gladly go the extra mile to give you what you want.

Communicate

The important thing is to communicate your needs and expectations and come to a shared understanding. This way, feelings don't get hurt and the health of your relationship may not be compromised.

If you struggle with food, weight issues or some other addictive behaviour, this is especially important to your health, because when you're unsatisfied in your relationship, you may feed your lack of love and joy with food or alcohol. The resulting weight gain may make you feel even more undeserving of your mate's love and affection. By continuing to feed this void with food or other unhealthy crutches, you are perpetuating the unhealthy cycle.

TIPS IF YOU'RE SINGLE

Focus on the love you already have in your life. Instead of over-focusing on what you feel is missing from your life, think about all the wonderful things you already have. Focus on appreciation and gratitude instead for all the love you already have around you. Get a group of family or and/or friends together and go out for a special dinner or do a fun social activity. If you have other single friends, then invite them as they too may not wish to be alone on this day.

Indulge

Give YOURSELF a gift of love such as a day at the spa or some cheerful flowers. If you're trying to control your weight and want to try your hand at portion control, then spoil yourself with the best high

Continued on the next page



CLERK'S CORNER

GUARDIAN FEES AND COSTS

Why are guardians limited to billing for their guardian fees and costs to twice a year?

Pinellas County follows the memo issued by Judge Greer regarding guardian fee petitions and activity logs effective May 15, 2007. A copy of the memo is available on the Sixth Judicial Circuit's website. Florida Statute 744.108 states a guardian is entitled to a reasonable fee for services rendered and reimbursements for costs incurred on behalf of the ward. A guardian's fee petition should be filed six months after the last petition was submitted.

Pinellas County has two full-time judges, one part-time judge, two General Magistrates, and one Court Monitor who oversee approximately 2,300 guardianship cases requiring a number of reviews and considerations by the Sixth Judicial Circuit, which includes the review of the following:

Annual Accountings
Annual Plans
Initial Inventories
Initial Plans
Trust Accountings

Petitions and Orders for Guardian Fees and Attorney Fees
Petitions and Orders for Disbursements
Petitions and Orders for Sale of Real Property
Petitions and Orders for Receipt of Depository (assets frozen)
Emergency Filings

In addition, the Sixth Judicial Circuit workload includes hearings and conferences resulting when a guardian fails to adhere to their statutory and/or Court ordered responsibilities, such as:

Repeated late filings or responses to Court Orders, Failure to notify the court of the ward's relocation or the current address and telephone number of the guardian, Failure to timely close the guardianship or to transfer the guardianship/assets to the appropriate jurisdiction. Failure to provide required copies of documents/pleadings to all interested parties, including the ward, when applicable.

There is no administrative order for guardian fees; however, the guardians are following Judge Greer's memorandum (2005 and 2007) on the determination of guardian fees, which is listed on Sixth Judicial Circuit website (jud6.org).

While the volume of work being processed at any particular time may cause delay in the review of a guardian's fee petition, some causes of delay are within the control of the guardian. A fee petition will not be processed until a professional guardian is registered with the Statewide Public Guardianship Office. A guardian is always entitled to a hearing on their fee petition before any final reduction is made by the Court. *If we can be of assistance, please call:*

Division of Inspector General, PIU 464-8371
Division of Inspector General, Fax 464-8386

Probate Court Records 464-3321
Guardianship Hotline 453-FRAUD

How to beat the Holiday Blues, continued from page

quality dark chocolate you can find or whatever your favorite treat might be. Give yourself permission to enjoy a small portion and truly taste and savor every mouthful. Just be careful not to over-indulge. Instead of buying a whole box of chocolate, choose a few very special chocolates and stick to those. That way you won't have the whole box there to tempt you. Whether single or attached, keep things in perspective.

This is only one day in the year so to avoid the Valentine's Day blues, plan ahead, communicate with your partner, celebrate the love you do have and have some fun!

Roslyn Franken is a Motivational Speaker, best-selling Author, proud Cancer Survivor and Personal Coach who helps people lighten up for good to live a healthy, happy life. To obtain more information and a FREE Newsletter, visit www.roslynfranken.com.

COMMUNITY CALENDAR

	Time	Event	Location	Contact/RSVP
2/5 Tues	8:00	North County Networking Meeting	Freedom Inn Countryside	Terri Bolander 727-768-2928 or northcounty2008@aol.com
2/6 Wed	5:30pm- 8:30pm	Grand Opening Maria's Adult Day Care Center	7821 Seminole Blvd, Seminole	Karen Rizzo-Jumenez (727) 452-1300 or emceventsonline.com
2/7 Thur	2:00pm- 5:00pm	"Fall Prevention Education" Speakers, exhibits, Exercise demo, health screenings, ex- pert Q & A, door prizes	Freedom Inn Tarpon Springs 1651 So Pinellas Avenue	(727) 934-1000
2/7 Thur	1:30pm- 3:00pm	VA Aid and Attendance benefits • Medicaid Waiver • Diversion Seminar	Grand Villa 750 Starkey Road Largo	Laverne Welch (727) 586-0108 www.LargoSeniorLiving.com
2/11 Mon	9:00a & 1:00pm	"Healthy Diabetic Experience Expo", health screenings, door prizes	5413 US Hwy 19 New Port Richey	Kathryn Sille (727) 738-2900 Kat.sille@healthyvision.org
2/11 Mon or 2/12 Tues	6:30pm- 7:30pm 10:00am 11:00am	"How does the Environment Affect Abilities and Behaviors?" Dementia expert Teepa Snow	Arbor Terrace (formerly Barrington Terrace) 333 16th Ave SE, Largo	Diane McGauley (727) 588-0020 or dmcgaul- ey@arborcompany.com
2/13 Wed	9:30a	Rise and Shine Breakfast, Patricia Vaillancourt of PowerSense Training	Grand Villa 750 Starkey Road Largo	Laverne Welch (727) 586-0108 www.LargoSeniorLiving.com
2/13 Wed	8:30am	Pasco Aging Network (PAN-NET)	Medical Center of Bayonet Pt, Dr Rao Musunuru Educ. Ctr	Mark Therrell III 727-847-1059
2/18 Mon		Observance of President's Day	Courts, State and Federal Agen- cies closed	
2/18 Mon	Noon- 1:00pm	Education Committee Guardian Association of Pinellas County	SPC Corporate Training Ctr 13805 58th St. No St. Petersburg	Rebecca Weitzel 418-6340 Bring bag lunch if you wish
2/19 Tue	5:30pm	Guardian Association Monthly Meeting "The Growing Epidemic in America"	Cypress Palms Lake Ave NE, Largo	www.guardianassociation.org Please register on website
2/20 Wed	9:00am	Referral Networking Group Breakfast	Arbor Terrace 333 16th Avenue SE Largo	Diane McGauley (727) 588-0020 or dmcgaul- ey@arborcompany.com
2/22 Fri	9am	Guardian Association Networking Breakfast "Ethics Case Study" (see page 8)	Regency Oaks 2751 Regency Oaks Blvd, Clear- water (North building Regency Room, 2nd floor)	www.guardianassociation.org Please register on website
2/27 Wed	8:30am	South Pinellas Networking Breakfast	Arden Courts Seminole	Bernadette Homan 727-517-7800
3//16- 4/20 Sat	7:45am- 6:30pm	40 hour Professional Guardian Training Course	Palm Harbor	Irene Rausch www.guardiantraining.com



February Breakfast Meeting

Case Study—An open discussion on making difficult decisions

A 42 year old female with previously confirmed stage 4 breast cancer, arrives at the nearest hospital Emergency Room complaining of shortness of breath. She is confused and delirious claiming she is pregnant and tells the Healthcare advocate she does not want any medicine and is seeking an abortion.

Diagnosis: test results confirm carcinoma has spread to the lungs causing breathing issues associated with pneumonia, and the leading cause for her confusion is a Urinary Tract Infection. Pregnancy tests are positive.

The E.R. Physician consults with the Healthcare Advocate, explaining a recommended treatment plan; first address breathing with a nebulizer treatment every four hours and antibiotics for the infection via IV fluids.

Patient has a DNR, what role if any, does this play? Later an Advanced Health Care Di-

rective is discovered that prohibits mechanical life support procedures and all intravenous efforts. What issues are now present?

After 48 hours, the patient becomes lucid but the long term prognosis is guarded. Does the patient’s religious beliefs or the philosophy of the Catholic Hospital, where the patient is admitted matter?

Unexpectedly, her vital signs start to decompensate and are at critical levels. Doctors suspect some internal bleeding. The physician states that the choice is now to save the patient or the unborn child, what are your recommendations?

If her condition improves, do you continue chemotherapy? Choose Radiation? Do nothing? If she wasn’t pregnant, what would you do?

The patient never regains consciousness; what course of action would you proceed with?



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Heads Up, Guardians!

By Sherry Dunn, Professional Guardian

The other day I received a phone call from the caregiver in a group home. Here's how it went:

Caregiver: "Your ward fell out of her chair today but she's not hurt."

I asked her "What happened?"

Caregiver: "Well, you know how she gets up out of a chair. I kept tellin' her, you're gonna fall, you're gonna fall, you're gonna fall! And guess what? She did!"

Me: (Deep sigh)

She did bump her head so paramedics were called and the caregiver called me back so I could speak to them. Her BP was coming down, the bump on her head wasn't significant and there was no pain in her range of motion, so I elected not to send her out.



The owner of the group home runs a tight ship so I called her and discussed the incident, specifically the self-fulfilling commands that the caregiver was saying to my ward.

It's Psychology 101..... tell someone long enough what they're going to do and they will do it, every time. The owner fully agreed with me and has been working on re-training the caregivers regarding the choice of words that the caregivers use when dealing with the residents.

So heads-up, guardians! Listen to what caregivers are saying to your wards and take the necessary action to make changes in what is being said.

That's all I'm sayin'!

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Have You Visited the Association Website lately? Check out what's New

Member Forum

Do you have a question or comment you would like to share with other members? Login with your email address and password then a new page with a members only menu will appear on the left side of the page. Click on "Members-Only Section." There is a variety of topics that you can respond to or create your own topic. Click on "subscribe to topic" and you will receive an email when there is a response.

If you are planning to attend an Association event, please click on the event (listed in blue) and register. You will then receive a reminder automatically for that event.

The screenshot shows the website header with the logo "GUARDIAN ASSOCIATION OF PINELLAS COUNTY" and a login form with fields for Email and Password, and buttons for "Remember me", "Login", and "Forgot password". A vertical navigation menu on the left includes links for Home, About Us, Join now, 2012 Annual Guardian Conference, Annual Conference Vendor & Sponsor Information, Events - Registration, Monthly Newsletters, News, Photos from Recent Events, Membership Directory, Resources, Contact Us, and Privacy Policy. The main content area features a "Welcome to the Guardian Association" message with the organization's logo. Below this, it states "Membership is open to all individuals or groups that work closely with the elderly or have an interest in the guardianship process." and provides a link to "visit our Membership page." and "Learn How to Join". On the right, there is a section for "Upcoming events - Please click to Register" listing several meetings with dates, times, and locations.



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Membership Meeting

Installation of Officers and Board Members

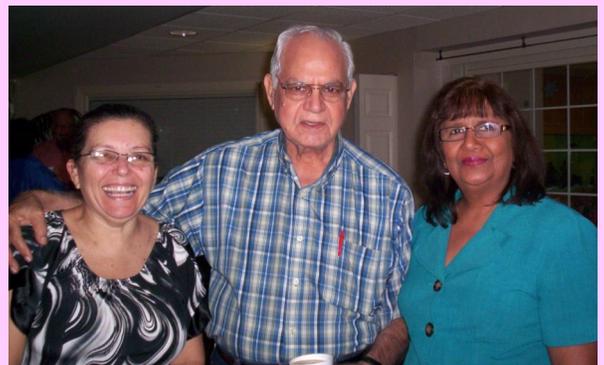


Martha Lenderman, installed the newly-elected board members and officers at the January meeting. New board members are Rebecca Weitzel and Sue Schramek. Officers for 2013 are: President: Irene Rausch; Vice President: Susan Ugan; Secretary: Sherry Dunn and Treasurer: Sue Schramek. Other board members are Mark Grande, Trisha Randall, Will Slicker, Dale Smrekar, Ralph Spencer and Cynthia Van Vliet.



*Guardian Association
of Pinellas County*

*January 15 Meeting
Cypress Palms
Largo*



How to Keep your Joints Jumping and your Thoughts Organized: Ageless Grace®, a New Pathway to achieve Fitness for the Mind and Body

Katherine Campbell, Certified Ageless Grace Educator, M.A.

Laughter, movement and music are the main components of Ageless Grace®, the new anti-aging fitness and wellness class program based on the science of neuroplasticity, “the brain’s ability to reorganize itself by forming new neural connections throughout life” (Medinenet.comii).

The program teaches participants take-home exercise tools that are natural and organic and help maintain and/or improve abilities to conduct daily activities such as grabbing for a piece of fruit, combing the hair, reaching for a glass, getting down on the floor to play with a grandchild and getting back up!

Studies by experts in the field show regardless of age your brain has the ability to make new neurons and construct new neural pathways throughout your life. When you engage in new experiences or think in novel ways, new pathways are forged. Every time you think a specific thought, a specific pathway of neurons fires up, neurotransmitters are released and synapses are subtly altered. With repetition this pathway is strengthened.

Even as you read this very sentence, your brain is changing. In this way, your brain’s structure is a culmination of all the thoughts and experiences you have had up to this very moment.. Almost any person at any age can benefit from laughter, movement and music which are integrated into this unique program.

What could be better than a great laugh? Beside increased endorphins and dopamine, there are numerous social, emotional, cognitive and physical benefits of laughter including; increased friendliness and altruism, reduced depression, anxiety, and tension, increased ability to cope with stress by providing a less serious perspective on our problems..



Laughter is one of the first experiences participants have in an Ageless Grace ® class because the program is based on opening up old pathways in the brain and creating new ones. For example, the “tool”, Express Yourself, revolves around movements from daily activities such as washing your cat. Participants cannot help but laugh out loud as they mime the movements of catching a wet cat trying to escape from the bathtub!

All of us understand the importance of staying fit.

The benefits to physical activity are stated clearly by the Centers for Disease Control and Prevention, Only a few lifestyle choices have as large an impact on health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.

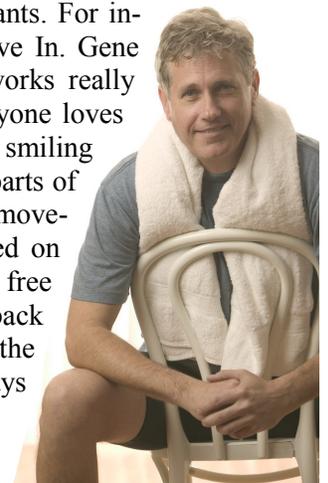
You don't have to do high amounts of activity or vigorous -intensity activity to reduce your risk of premature death. You can put yourself at lower risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity.”



Ageless Grace ® makes movement fun and easy, using a chair as a tool to work the core and provide a way to move all parts of the body including individuals in wheel chairs, those recovering from knee or hip surgeries, and strokes. Using the chair also allows one to lift both legs simultaneously, using a variety of joints and muscles, especially the hip area. The program is designed for participants to exercise in their own chairs in their own rooms for only 10 minutes a day.

All exercises are done to music because music has power—especially for individuals with Alzheimer’s disease and related dementias. It can spark compelling outcomes even in the very late stages of the disease.

The use of every piece of music is carefully thought out. The songs and tunes are customized to the likes and wants of the participants. For instance, one “tool” is called Dive In. Gene Kelly’s Singing in the Rain works really well during this exercise. Everyone loves to remember Gene and Donald smiling and singing even before other parts of our bodies start moving! The movements in this exercise are based on swimming strokes such as the free style, the breast stroke, the back stroke. They are improving the brain by opening up old pathways or creating new ones.



Continued on page 12



Computer Corner

By Bruce Wallace
Professional Guardian

Recently, I purchased a laser printer upon the recommendation of my “computer guru” Dennis Schulman. I got tired of the slow inkjet printer that I was currently using and was relying on a Brother “all-in-one” for my scanning/faxing needs.

Well I’m here to tell you my new “Canon ImageClass MF4350d laser all-in-one Printer” has exceeded my expectations!

When you compare the productivity and cost of supplies of a laser printer vs. inkjet printers, there is no argument that laser printers are (1) faster and (2) the supplies are less costly on a per page basis.

Going online to check the cost of the laser toner cartridges at Amazon.com (January 23, 2013), the price for one is \$11.90. Averaging about 2000 sheets per cartridge, the cost is about 1/2 a penny per sheet. This is far less than those expensive (and sometimes *slow*) inkjet printers.

The other real advantage to the Canon is that they invented the “engine”, i.e. the laser that makes things happen. But the biggest advantage for me is the fact that I can scan all of my court reports and other important documents into a readable PDF (portable document format) that anyone with a FREE copy of Adobe Reader can view.

Another really cool feature is that my new laser printer can print front/back with the touch of a button. This is especially helpful in certain situations. The best part of all is that I purchased the laser on-line at [Amazon.com, LLC](http://Amazon.com) for only \$ 127.99. And, there were NO SHIPPING COSTS!

Yours truly also learned about some neat technology on Print Servers that will be featured in next month’s Computer Corner. If you have any questions, please call Bruce @ 727-585-0783 or cell: 727-804-8933.



Joins are Jumping Continued from page 11



The Ageless Grace® program is simple to follow, but is very in-depth, using techniques that include; strengthening muscles, improving memory, and increasing joint flexibility. Throughout a half hour class participants will find themselves sweating a little and laughing a lot! Participants help create their own

class exercises through the teacher's guidance. And the best part is the coordinator only needs chairs and participants! There are 21 different “tools” to learn connecting the mind and the body. The 3 R’s, respond, react and recover, are at the heart of the program.

Arcadia Home Health and Staffing covers the cost of the mini-programs to allow interested parties to see what the program is all about. Says Arcadia's Tina

Costa, "I have attended several classes in churches and Assisted Living communities and the reaction is extremely positive. Katherine will be conducting an Ageless Grace certification class in the Tampa Bay area later in 2013. This class will be open to all persons interested in teaching this program.

To find out more information or about starting a class, contact Katherine Campbell at 727 478-1243, or by email at jumpingjoints@gmail.com, Please visit her website, www.thesejointsarejumping.com.

Katherine Campbell, Ageless Grace® Certified Educator, Master of Arts, Distinguished Toastmaster and owner of These Joins are Jumping, has been taking this unique program throughout the Tampa Bay area for the past several years, reaching out to seniors in nursing homes, ALF's, community centers, churches and the private homes of individual's who can't get out. She has a Master of Arts in Organizational Management, is a Distinguished Toastmaster, DTM, and a Certified Ageless Grace Educator and member of Better Living for Seniors.

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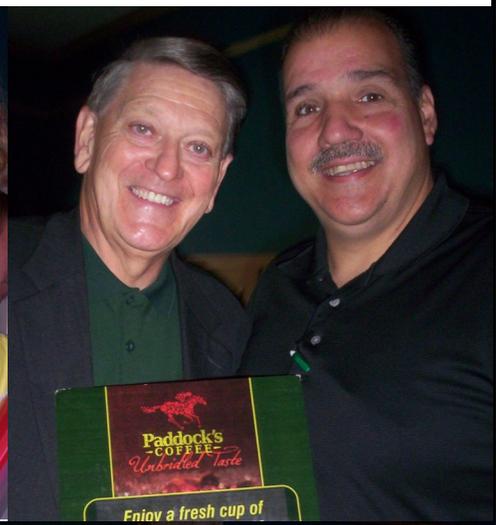
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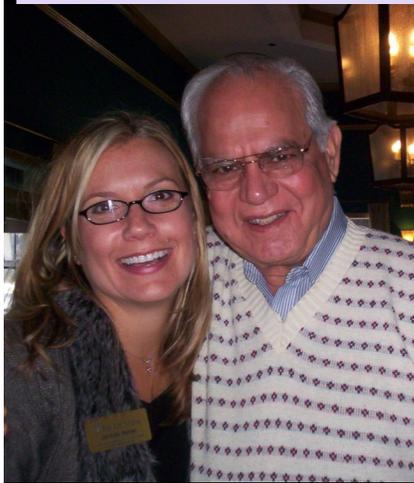
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